

HERNDON COMMANDERS

2004-2005

The objective of the Herndon Commanders, under the direction of the Herndon Parks and Recreation Department, is to provide a quality USA Swim Team to the residents of Herndon and surrounding areas. The Herndon Commanders is dedicated to providing the maximum opportunity for swimmers to achieve their personal goals in an encouraging environment. Swimmers will be able to participate in several USA swim meets during the year as well as build self-esteem, confidence, physical endurance and friendships with other team members. **Those who join the team are expected to make a commitment for the entire season (Sept. 13, 2004-May 27, 2005). Swimmers must participate in two swim meets during the season.**

Head Coach Kerstin Severin, begins her eighth year with the Commanders, and brings over 30 years of coaching and teaching experience. Our coaching staff is diverse and has an excellent reputation in Potomac Valley and USA swimming. Our coaches are America Swim Coaches Association certified and have a total of over 40 years of experience.

Stroke Evaluation for placement on the team will be :

Dates: Tuesday, July 6, July 13, July 20, and July 27, or by appointment.

Times: 8 & under 4:00-4:30pm

9-10 4:30-5:00pm

11-12 5:00-5:30pm

13 & over 5:30-6:00pm

Please arrive 10 minutes early to complete the necessary paperwork. Swimmers should come ready with their swim suits, goggles, and be prepared to do a 30 minute practice.

For further information contact Coach Kerstin T. Severin at (703) 435-6800 ext. 2128.

GROUP OPTIONS

PEE WEE *Ages 5 and 6*

2063.111 Monday 3:00-3:45pm or

2063.112 Monday 3:45-4:30pm

COST: \$318.00

TOH: \$286.00

This group practices once a week. Each swimmer needs to be able to swim 25 yards of freestyle and 25 yards of backstroke. Instruction will be given in freestyle, backstroke, breaststroke, and butterfly. **This group will not swim in any USA sanctioned swim meets.** The practice is geared to 100% stroke development. This group will not be charged the HACC Booster fee.

The entire program cost is due upon registration.

WHITE *Ages 7 - 9***COST: \$716.00****2063.211 Tuesday and Thursday 6:00-7:00pm or****TOH: \$644.00****2063.212 Tuesday and Thursday 6:30-7:30am**

This group practices twice a week. The White Group swimmer should have little or no competitive experience but must be able to swim the 4 competitive strokes legally. The swimmers should be able to swim 50 yards of freestyle, backstroke, breaststroke and 25 yards of butterfly. This group has the opportunity to swim one meet a month. 80 to 90% of the practice is geared to stroke development. **A non-refundable deposit of \$200 is due August 1 or upon placement on the team, whichever comes first.**

RED *Ages 8 - 11***2063.113 Monday, Wednesday, and Friday 6:00-7:00am or****COST: \$1,037.00****2063.114 Monday, Wednesday, and Friday 7:00-8:00am or****TOH: \$932.00****2063.115 Monday, Wednesday, 6:00-7:00pm and Friday 5:30-6:30pm**

This group practices three days a week. The Red Group swimmer should have some competitive experience; the ability to swim all four strokes legally, and has a basic understanding of all 4 turns. This group has the opportunity to swim one meet a month. 75 to 85 % of the practice is geared to stroke development, with 15% geared to aerobic conditioning. **A non-refundable deposit of \$200 is due August 1 or upon placement of the team, whichever comes first.**

BLUE *Ages 11-13***COST: \$1,037.00****2063.213 Monday, Wednesday, Friday 6:00-7:00am or****TOH: \$932.00****2063.214 Tuesday, Wednesday, Thursday 7:00-8:00pm**

This group practices three days a week. The swimmer may be new to year-round swimming or needs a stronger endurance base. The swimmer should be able to swim 100 yards of freestyle, 50 yards of backstroke, breaststroke and 25 yards of butterfly. This group has the opportunity to swim approximately one meet a month. 65 to 75 % of the practice is geared to stroke development, with 25% geared to aerobic conditioning. **A non-refundable deposit of \$200 is due August 1 or upon placement on the team, whichever comes first.**

BRONZE *Ages 10-13***COST: \$1,301.00****2063.116 Monday –Friday 6:00-7:00am,****TOH: \$1,172.00****Saturday 6:00 to 8:00am or****2063.117 Monday-Thursday 7:00-8:30pm , Saturday 6:00-8:00am**

This group practices five or six times a week. The Bronze Group swimmer is committed to a year round training program and should have one or more years of competitive swimming and be able to swim 100 yards of freestyle, backstroke, breaststroke, and 25 to 50 yards of butterfly. This group has the opportunity to swim one meet a month. This group will begin the season working on stroke technique and an aerobic base. As the season progresses the emphasis will reverse but proper stroke technique will be reinforced during the training. **A non-refundable deposit of \$200 is due August 1 or upon placement on the team, whichever comes first.**

YELLOW *Ages 13 and up***COST:\$1037.00****2063.215 Monday, Tuesday, and Thursday 8:30-9:30PM or****TOH: \$932.00****2063.216 Tuesday, Wednesday, and Thursday 4:45-6:15am**

This group practice three days a week and has various levels ranging from beginning to advanced. The Yellow Group swimmer wants to continue to swim but does not necessarily have the time to commit to a heavy training schedule of 5 or 6 days a week. A majority of these swimmers compete with their local high school teams. This group has the opportunity to swim one meet a month and participate in senior team activities. The swimmer should have a general knowledge of competitive swimming and a least one-year of competitive swimming. They should be able to swim 100 yards of freestyle and backstroke. Proper stroke techniques and aerobic training is emphasized. The ratio of training is determined by the needs of the individual swimmer. **A non-refundable deposit of \$200 is due August 1 or upon placement on the team, whichever comes first.**

SILVER *Ages 13 and up***COST: \$1514.00****2063.119 Monday-Friday 4:45-6:15am and****TOH: \$1364.00****Saturday 6:00-8:00am or****2063.120 Monday-Thursday 4:30-6:00pm, Friday 4:00-5:30pm and Saturday 6:00-8:00am**

This group practices five times a week. The Silver Group swimmer is committed to a more intense training program. This swimmer continues to work on stroke techniques but the majority of the practices are geared to aerobic training. The swimmers in this group have the opportunity to swim in at least one meet a month. They should have a minimum of one year of competitive swimming and should be able to swim 100 yards of freestyle, backstroke, and breaststroke, and 50 yards of butterfly. **A non-refundable deposit of \$200 is due August 1 or upon placement on the team, whichever comes first.**

GOLD *Ages 13 and up by coaches approval***COST: \$1826.00****2063.121 Monday –Friday 4:45-6:15am,****TOH: \$1643.00****Monday and Wednesday 4:30-6:00pm and Saturday 6:00-8:00am or****2063.122 Monday-Friday 4:30-6:00pm,****Monday and Wednesday 4:45-6:15am and Saturday 6:00-8:00am**

The Gold Group swimmer practices eight times a week and is committed to an intense training program. This swimmer continues to work on stroke techniques but the majority of the practices are geared to aerobic training. The swimmer in this group is working towards national competitions and has the opportunity to swim in one meet a month. **A non-refundable deposit of \$200 is due August 1 or upon placement on the team, whichever comes first.**

ADDITIONAL FEES

All swimmers (except Pee Wee's) are required to pay a \$50 HACC Boosters fee which covers cost of incentives, coaches travel, training and other team social events. A \$55 meet escrow fee is also required. This covers the cost of entering events at swim meets, and a \$10.00 surcharge to cover the administrative service. **Please make two separate checks for the booster fee (\$50) and meet escrow account (\$55) made payable to: HACC Boosters.**

